



JMACK KARATE

Winter-Spring 2024

		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
MONDAY		Judo / JuJitsu	Karate All levels, all ages	Kumite Yellow Belts and up	Black Belt Club Brown and Black Belts
	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
TUESDAY	Kinder Karate 3-4 years old	Kids Karate 5-7 years old	Youth Karate 8-10 years old	Junior Karate 11-17 years old	Adult Karate 18 years old and over
		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
WEDNESDAY		Karate White to Orange Belts	Karate Blue to Black Belts	Kumite Yellow Belts and up	Black Belt Club Brown and Black Belts
	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7 p.m.	7 p.m. to 8 p.m.
THURSDAY	Kinder Karate 3-4 years old	Kids Karate 5-7years old	Youth Karate 8-10 years old	Junior Karate 11-17 years old	Adult Karate 18 years old and over
		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7:30 p.m.	
FRIDAY		Judo / JuJitsu	Karate All levels, all ages	Elite Kumite Competitors	

	9:30 a.m. to 10 a.m.	10 a.m. to 11 a.m.	11 a.m. to 12 noon	12 noon to 1 p.m.	1 p.m. to 2:30 p.m.
SATURDAY	Kinder Karate 3-4 years old	Karate White to Orange Belts	Karate Blue to Black Belts	Black Belt Club Brown and Black Belts	Elite Kumite Competitors

Online Classes Available

10585 Slater Ave Ste 1A
 Fountain Valley, CA 92708
 Phone: (714) 963-5866
www.jmackarate.com